

# ADAPTED LEISURE ACTIVITIES

## Spring 2010 Calendar

All programs are limited in size, so please call or visit the center to preregister. Cancellations made less than 48 hours before program start are still responsible for any class fees.

### ◆ Really Special Events ◆

#### St. Patrick's Day Dance

**Time:** Wed, Mar 17, 10:30 a.m.-Noon  
**Place:** Douglass Comm Center  
**Ages:** 15 and older  
**Fee:** \$1/person

#### Derby Dance

**Time:** Wed, Apr 28, 10:30 a.m.-Noon  
**Place:** Douglass Comm Center  
**Ages:** 15 and older  
**Fee:** \$1/person

#### Spring Fling

**Time:** Sat, May 8, 7-9 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 15 and older  
**Fee:** \$5/person

### ◆ Learning and Special Interest ◆

#### Best Book Club Ever

**Time:** Mon, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26, May 3, 10, 17, 24, 1:30-2:45 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** Free



#### Coffee Talk Book Club: For the Wednesday Letters by Jason Wright

**Time:** Tuesdays Mar 2, 9, 23, 30, Apr 6, 13, 20, May 4, 11, 18, 25, 1-2:30 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** Cost of the book

If you can attend only one session, Mar 30 will be the wrap-up.

#### Assisted Shopping for Individuals Who Are Blind, at Wal Mart

**Time:** Fri, Mar 5, Apr 2, May 7 10 a.m.-2 p.m.  
**Place:** Meet at Nancy's Bagel Shop, 2101 Frankfort Ave  
**Ages:** 18 and older  
**Fee:** \$2

#### Metro Dreams "U": Continuing Education for Individuals With and Without Disabilities

##### MDU: Curious Minds

**Time:** Tue, Mar 9, 16, 23, 6:30-8 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$5/person

##### MDU: Gardening

**Time:** Tue, Apr 13, 20, 6:30-8 p.m.  
**Place:** TBA  
**Ages:** 18 and older  
**Fee:** \$7/person



##### MDU: Mad Scientist

**Time:** Tue, May 11, 18, 6:30-8 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$5/person

##### MDU End of Year Ceremony

**Time:** Tue, May 25, 6:30-8 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older

#### Assisted Shopping for Individuals Who Are Blind, at Jefferson Mall

**Time:** Wed, Mar 10, Apr 7, May 12, 10 a.m.-2 p.m.  
**Place:** Meet at Nancy's Bagel Shop, 2101 Frankfort Ave  
**Ages:** 18 and older  
**Fee:** \$2

#### Creative Writing With James

**Time:** Fri, Mar 12, 26, Apr 9, 23, May 7, 21, 2-3:30 p.m.  
**Place:** Adapted Leisure Building  
**Ages:** 18 and older  
**Fee:** \$4 per person

#### Cooking With Jon

**Time:** Wed, 1-2:30 p.m.  
**Place:** Adapted Leisure Bldg.  
**Ages:** 18 and over  
**Fee:** \$7 / per class

Mar 31: March Madness Potato Skins  
Apr 21: Derby Bites  
May 26: Memorial Day Hot Dogs

### ◆ Health and Wellness ◆

#### Beginning Wheelchair Basketball

**Time:** Mon, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, May 3, 10, 17, 24 6-7:30 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 12 and older  
**Fee:** Free!

#### Open Wheelchair Basketball

**Time:** Mon, Mar 1, 8, 15, 22, 29, Apr 5, 12, 19, 26, May 3, 10, 17, 24, 7:45-9:25 p.m.  
**Place:** Douglass Comm Center Gym  
**Ages:** 18 and older  
**Fee:** Free!

#### Douglass/Adapted Leisure Walking Club

**Time:** Tue, Mar 2, 9, 16, 23, 30, Apr 6, 13, 20, May 4, 11, 18, 25, 10:30-11:30 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** Free!

#### Aqua Exercise

**Time:** Thu, Mar 4, 11, 18, 25, Apr 1, 8, 15, 22, 29, May 6, 13, 20, 27, 1-2 p.m.  
**Place:** Mary T. Meagher Aquatic Center, 201 Reservoir Ave  
**Ages:** 18 and older  
**Fee:** \$26 a session /\$2 per week

#### Stroke Support With Frazier Rehab

**Time:** Wed, Mar 17, Apr 21, May 19, Noon-1:30 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** Free

Open to anyone who has had a stroke, their friends and family.

### ◆ Just for Fun ◆

#### Fun 'n' Games

**Time:** Tue, Mar 2, 9, 16, 23, Apr 6, 13, 20, May 4, 11, 18, 1:30-2:30 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$1/week

Call for scheduled activities!

#### Bowling Fridays

**Time:** Fri, Mar 12, 26, Apr 9, 16, 23, 30, May 14, 21, 28, 10 a.m.-Noon  
**Place:** Fern Bowl  
**Ages:** 18 and older  
**Fee:** \$5/week or \$45 for every session



#### Generation X Club

**Time:** Fri, 6:30-8:30 p.m.  
**Place:** Douglass Comm Center  
**Fee:** \$5/person  
**Ages:** 18 to 29

A new program! Hip activities for young adults 18 to 29.

Mar 19: Games and snacks  
Apr. 23: Wii, Dance Revolution and snacks  
May 21: Karaoke and Pizza

#### Movie and Pizza

**Time:** Wed, 5:30-8 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$5

Mar 24: *Year One*  
Apr 14: *Ghosts of Girlfriends Past*  
May 26: *Pink Panther*

#### Morning at the Movies

**Time:** Thu, 10 a.m.-Noon  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$1

Mar 25: *Hannah Montana*  
Apr 15: *Monsters vs.. Aliens*  
May 27: *G-Force*

#### Pampered Ladies' Night Mini Spa

**Time:** Thu, Mar 25, 6-7:30 p.m.  
**Place:** Adapted Leisure Building  
**Ages:** 16 and older  
**Fee:** \$5

#### Karaoke

**Time:** Fri, Apr 16, 1:30-3 p.m.  
Wed, May 5, 12:30-2 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$1



#### Big Bingo

**Time:** Wed, May 19, 10-11:30 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$2

### ◆ Arts and Crafts ◆

#### Easter Cards

**Time:** Mon, Mar 29, 10-11 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$5

#### Spring Watercolors

**Time:** Tue, Apr 6, 13, 10:30-11:30 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 18 and older  
**Fee:** \$10

#### Basic Weaving

**Time:** Thu, Apr 8, 15, 6-8 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$10

#### Ceramic Nights

**Time:** Wed, May 5, 5:30-7 p.m.  
Wed, Mar 10, 5:30-7 p.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$10 per session

#### Derby T-Shirts

**Time:** Tue, Apr 20, 10-11:30 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$5

Students bring a white or pastel t-shirt to decorate.



#### Mother's Day Cards

**Time:** Tue, May 4, 10-11 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 and older  
**Fee:** \$2

#### Make It/Take It

**Time:** Tuesdays 10-11 a.m.  
**Place:** Douglass Comm Center  
**Ages:** 16 & over  
**Fee:** \$5/week

May 11: Mini Book  
May 18: Sunshine Banner  
May 25: Wind sock



**METRO Parks**  
www.metro-parks.org



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# ADAPTED LEISURE ACTIVITIES

## Spring 2010 Calendar

Jerry E. Abramson, Mayor  
Louisville Metro Council

**METRO**  
**Parks**  
www.metro-parks.org



phone • 502/456-8148  
email • aleisure@louisvilleky.gov

**Adapted Leisure Activities**  
2305 Douglass Boulevard #3  
Louisville KY 40205

The programs and activities in this calendar are offered through the Metro Parks Adapted Leisure Activities Program. Adapted Leisure Activities offers recreational opportunities for individuals with mental and/or physical disabilities, their friends and families. Adapted Leisure also offers programs specifically designed for youths with and without disabilities.

### Attention!

Payment for programs (by check or money order) is requested in advance.

Registration is required for all programs.

For more information or to preregister, please call 456-8148.

**Adapted Leisure Activities**  
2305 Douglass Boulevard #3  
Louisville Kentucky 40205  
Monday-Friday 8:30 a.m.-5 p.m.

voice • 502/456-8148

TDD • 502/456-8183

fax • 502/456-8143

e-mail • aleisure@louisvilleky.gov

Mike Heitz  
Director, Metro Parks  
B.J. Levis, Anthony Williams  
Recreation Division

### Adapted Leisure Activities

B.J. Levis  
Manager of Recreation  
Brent Priddy  
Recreation Supervisor  
Diane Harrod, Jon Pilbean  
Recreation Assistants

